



## Session 8: Growing in GENTLENESS

### Examples of Christlikeness...

Watch the video: [https://youtu.be/BSQsp3\\_88h8](https://youtu.be/BSQsp3_88h8) (up to 5:22)

- What struck you about the stories shared?
- What stories have you of examples of Christlikeness in people you know?

### Growing in GENTLENESS

Watch the video: [https://youtu.be/BSQsp3\\_88h8](https://youtu.be/BSQsp3_88h8) (from 5:24)

Discuss some of the following questions:

- How would you define gentleness?
- Do you agree that society at large does not value gentleness? Why do you think that is so?
- **Read 1 Kings 19:3-12.** How do we see the gentleness of God in this passage as Elijah flees? Do we think of God as gentle with us, particularly when we are hard on ourselves?
- Read **Matthew 11:28-30.** Jesus describes himself as 'gentle and humble in heart.' How do you see Jesus demonstrating gentleness in the gospels?
- **Philippians 4:5** says 'Let your gentleness be evident to all.' Are there any particular circumstances where you find it hard to be gentle? How can we respond in those situations in a more gentle manner?
- **Read 1 Peter 3:14-16.** How can we speak hope and share our faith with 'gentleness'?

### Response

- Take time to be still and be open to God about a situation where you need to grow in 'gentleness'. Offer it to God in the quiet and ask for his Holy Spirit to grow gentleness in you afresh.
- Finish by saying the prayer of John Stott together – and then commit to saying it every day this week.

*Heavenly Father, I pray that this day I may live in your presence and please you more and more.*

*Lord Jesus, I pray that this day I may take up my cross and follow you*

*Holy Spirit, I pray that this day you will fill me with yourself and cause your fruit to ripen in my life: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.*

*Amen.*